LIFESTYLE / C1
How to take charge of your health

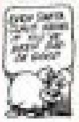
BUSINESS / B1
Peso still rising, now at 41.58 to $1; BSP intervention fails to stop currency's climb

WORLD / A22
Thousands of South Koreans help in cleanup of oil spill

NEWS / A2
Batasan bombing suspects take back confessions

METRO / A19
Cop who shot at ex-gov's convoy suspended

Makati judge told: Heaven is watching



PHILIPPINE DAILY
INQUIRER
BALANCED NEWS, FEARLESS VIEWS

Tuesday, December 11, 2007 | Vol. 23 | No. 3

Lawyer rues inaction in 'Abadilla 5' case

Molina wins 3rd gold; RP now 5th



GOING FOR THE GOLD

GMA slammed for slays

1,000 soldiers deployed for Magdalo trial



BACK TO BLACK

Lim not 'forcibly dragged' by rebel soldiers, says lawyer

Jonas ma, victims' kin mark int'l rights day

CLAD IN BLACK SHIRTS WITH THEIR FACES covered by black veils, female relatives of the victims of extrajudicial killings and enforced disappearances held roses as they marched yesterday in Manila to mark Human Rights Day.

President says Ranario case proof of gov't rights policy

Biofuels gain, but food farms, forests lose

SPECIAL REPORT

RED CARPET MOMENT



Gore sees growing people power against global warming

Second FrontPage

Batasan bombing suspects recant

'We were tortured into admitting crime, pointing to masterminds'

WHAT'S INSIDE

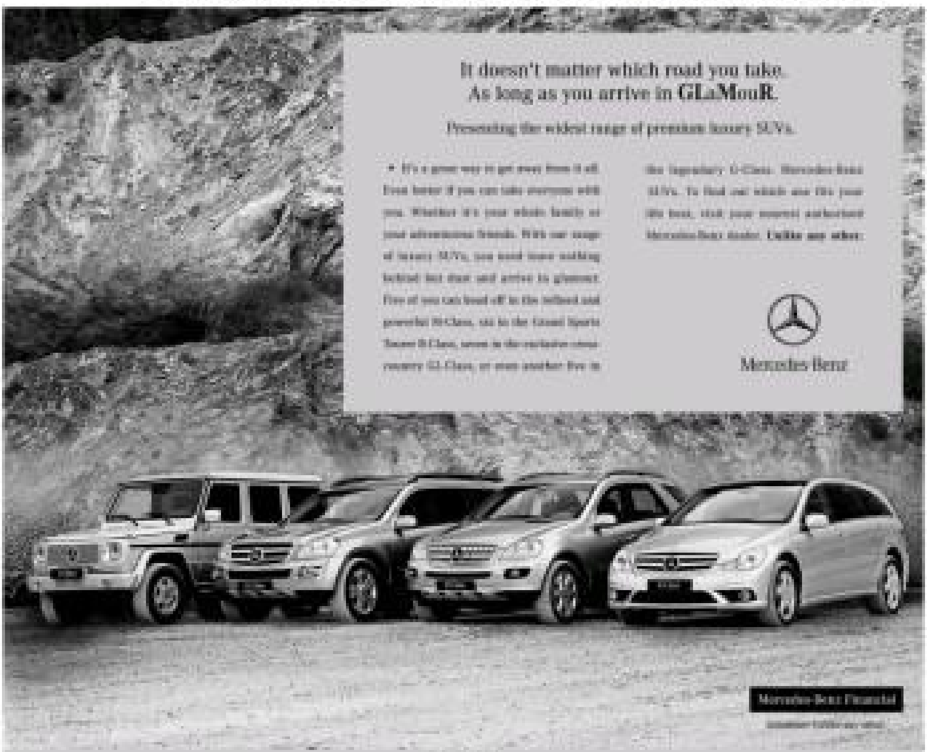
THE INVESTIGATION INTO THE BATASAN bombing hit a snag yesterday when three suspects recanted their confessions and claimed police had tortured them into implicating three prominent Basilan politicians as the masterminds.

Multiple charges

Signed out of fear

Severe blows

In fatigues

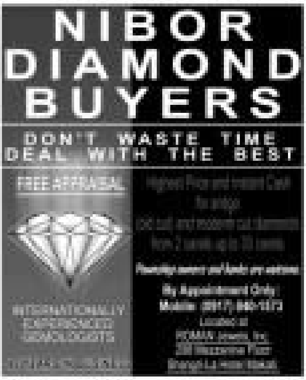


Cha-cha drive coming to new life in House

Keep NBN case alive to kill it, SC urged

GMA: RP forever grateful to Kuwaiti emir

Tillers: We didn't agree to hog farm





Rizal, Laguna towns named worst polluters of largest lake



GMA reiterates iron policy on Trillanes et al.

Trillanes told Pimentel media presence prevented bloodbath

Easy targets

No uprising

1,000 soldiers deployed for Magdalo trial

Handcuffed to escorts

Probable cause

Lim not 'forcibly dragged' by rebel soldiers, says lawyer

Judge's own words

Motion to transfer

Judicial, impartial account

Makati judge told: Heaven is watching

The Daily Gospel



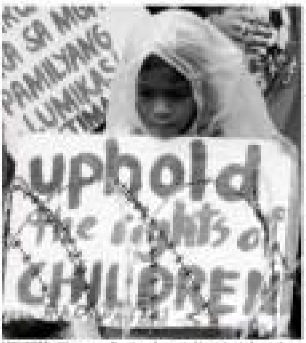
2007 worst year for RP education, say youth

GMA slammed for slays; victims' kin mark rights day

Drop in killings

Full circle

Honorary consul



Crosses

Blocked

Ironic

President says Ranario case proof of gov't rights policy

Lawyer rues inaction in 'Abadilla 5' case

Influential supporters

Kidney transplant patient

Molina clinches 3rd gold; RP now 5th overall

Despite QC plea, 'Boracay' auction on

THE SANDIGANBAYAN SHERIFF yesterday said he would push through with the auction of the "Boracay Mansion" seized from jailed plunderer and deposed President Joseph Estrada despite the appeal of the Quezon City government to spare the real estate property.

In a two-page letter, Quezon City Treasurer Victor Endriga asked Sheriff Ed Urera to nullify the levy and exclude the "Boracay Mansion" from auction, noting that it had been registered in the name of the local government since July 4, 2007.

The Quezon City government took over the property following the failure of its registered owner, St. Peter Holdings, to pay P1.7 million in back real estate taxes since 2000.

The property, whose value has been estimated at P142 million, has been stripped of the trappings that once made it a very luxurious residence supposedly for one of Estrada's mistresses.

"We will continue to implement the writ of execution issued by the Sandiganbayan. We will push through with the auction in January unless the local government obtains a temporary restraining order from the court," Urera told the Inquirer over the phone yesterday.

Estrada has repeatedly insisted he was not the owner of the property and claimed it was owned by businessman Jaime Dichaves, a corespondent in his plunder case.

Jocelyn R. Uy

BIR RELEASES REGULATIONS FOR VAT ON TIMBER PRODUCTS

Timber, whether naturally grown or cultivated, continues to be one of the Philippines' most valuable natural resources. The Bureau of Internal Revenue is therefore working to ensure that the appropriate taxes are paid on the naturally grown or cultivated timber.

Particular attention has been focused on the advance VAT on the transport of timber, which is the subject of the recently-issued Revenue Regulations no. 13-2007. Under the Regulations, owners / sellers of naturally-grown or planted timber products are required to pay an advance VAT on the transport of these products, before they are transported from their place of production or concession.

The Regulations cover those owners / sellers who hold permits or agreements issued by the Department of Environment and Natural Resources (DENR). Naturally-grown or planted timber products that are harvested from industrial tree plantations are also covered by the Regulations, and are therefore subject to advance VAT payments.

The advance VAT is imposed at the rate of twelve percent (12%) of the value per cubic meter of a particular kind of timber product. The Regulations provides a schedule of values for the various types of timber products.

Advance VAT payments made may be credited against an owner's / seller's output VAT on the actual gross selling price of the timber products. However, in the case of the advance 3% percentage tax, the advance payment will be credited to the owner's / seller's monthly / quarterly percentage tax return.

The appropriate Forms for the filing and payment of the advance VAT, as well as further details on the Regulations, may be obtained from the BIR's various Revenue District Offices.

METRO PACIFIC

METRO PACIFIC INVESTMENTS CORPORATION

NOTICE TO ALL WARRANT HOLDERS OF METRO PACIFIC INVESTMENTS CORPORATION:

You Only Have Until December 14, 2007 to Exercise Your Warrants

Pursuant to the Warrant Instrument dated 23 October 2006, including the Terms and Conditions of the Warrants issued by Metro Pacific Investments Corporation ("MPIC Warrants"), the Exercise Period for the MPIC Warrants lapses on December 15, 2007.

If you are still holding any MPIC Warrants and should you decide to exercise the same, your Notice of Exercise and other documentary requirements and the corresponding warrant exercise price payment must be submitted to and received by Registrar for the MPIC Warrants at the Transfer Office, before the close of business on December 14, 2007 (December 15, 2007 being a Saturday).

Please note that all MPIC Warrants that remain unexercised after December 15, 2007 shall automatically lapse and shall be of no further force and effect after the same date.

Please get in touch with Ms. Ofel Reyes of Stock Transfer Services, Inc., 8th Floor, Phinma Plaza, 39 Plaza Drive, Rockwell Center, Makati City, Metro Manila at telephone number (632) 898-7555.

Very truly yours,

ANTONIO A. PICAZO
Corporate Secretary

UN climate summit enters crucial week of negotiations



KERRY: Democratic candidates back Kyoto Protocol

New deal must go further

Text to watch

US Democrats

EU pledge

RP to back 50-percent cut in greenhouse gas emission

Gore sees growing people power against global warming

Threat to civilization

Gala ceremony



GORE: From Oslo to Bali

Other Nobel awards

Biofuels gain, but food farms, forests lose

Women's loss

Biofuels Act



WOMEN gleaners in Colombia, Sultan Kudarat, get almost nothing after the crops suffered from a long dry season and an attack by black bugs.

Moratorium

Oil palms, too



METRO
MARKET! MARKET!
Bonifacio Global City
GIFT IDEAS FOR HIM AND HER
Holidays '07
Wish upon a Car
Nov. 18 - Jan. 31, 2008
6
HYUNDAI
TUCSON
CRDi
Feb. 2
1,000
COLON • MANDAUE • AYALA • LEGAZPI • LUCENA • MARKET! MARKET!

PHILIPPINE DAILY INQUIRER
OPINION

Indecent junket

LAST WEEK THREE OPPOSITION REPRESENTATIVES called for an inquiry into what they called "an extravagant junket" undertaken by more than 20 of their colleagues. The big group joined President Macapagal-Arroyo on her trip to France, Spain and the United Kingdom. Party-list Reps. Teodoro Casiño, Crispin Beltran and Liza Maza said, "The unusual size of the House contingent, their questionable role in the trip and the unexplained expenses are too glaring to ignore."

EDITORIAL

Let us hope that in the rush to adjournment for the Christmas holidays, the resolution calling for an inquiry will not be shelved and forgotten. The people have a right to know what their representatives are doing and how they are spending taxpayers' money.

Unless it can be proven by evidence that the representatives spent their own money, the suspicion remains that government funds were used for their European junket. Representatives are not particularly known to be eager to spend their personal funds. And the distribution of millions of pesos in paper bags to Ms Arroyo's House allies right in Malacañang is too recent to be forgotten. Is the expensive junket not part of the continuing dispensation of largesse to ensure that they will side with her in all her battles to survive and stay in power?

The size of the presidential entourage is indecently big—about 200. An official group on a state or working visit should be as lean as possible—probably a maximum of 25 people. But 200? A group that big cannot but overwhelm even their gracious hosts. No wonder, only the President and her husband were allowed to meet with the Queen of England and the rest were left to cool their heels outside the palace.

The departure of a big group of congressmen at a time when important measures are being discussed in the House is untimely, to say the least. The congressmen are like truant schoolboys who have a lot of schoolwork to do but are playing hooky. Speaker Jose de Venecia has said that he never gave them permission to go abroad while the House is in the midst of debating important measures. The House often encounters a problem mustering a quorum when vital measures are to be discussed, but it seems that it has no problem forming a group when it comes to a foreign junket.

Some representatives have said that they are spending their personal funds in their trip to Europe. That is not the point. The point is that their presence in the three European countries is not absolutely essential. There are executive officials whom they could have delegated to look after their interests in the talks and discussions. There are House committee chairs whom they could have asked to follow up matters that concern their constituents. Delegation of duties to committee chairpersons or executive officials would have saved the country millions of dollars in precious foreign exchange.

The European junket group is one of the year's largest presidential delegations to book a chartered flight. The PAL flight had 192 passengers on board, according to the flight manifest obtained by the Inquirer. It is a record even for the "frequent traveler" President, who, it seems, is in a hurry to amass a lot of travel perks and bonus points before she bows out of office in 2010.

A report posted on gmanews.tv by GMA research shows that about 20 percent of the Office of the President's expenditures in 2006 were "traveling expenses" totaling almost half a billion pesos—to be exact, P482 million. It was more than double the P210 million spent for travel in 2005. Here we have a President spending tens of millions not only on her own travel but also on travel as a form of political patronage while millions of her countrymen wallow in poverty and want.

We agree that travel is broadening, but our representatives should not go gallivanting abroad while there is important work to do, and not at the expense of the taxpayers. And let us not overwhelm our gracious hosts with the size of our visiting delegations. When Prime Minister Lee Kuan Yew of Singapore visited the Philippines in 1992, he came only with his wife, some cabinet members and a few aides and traveled on a commercial flight. No fuss, no frills, no furbelows. That should be the way to go.



'A nation of highwaymen'

VIEWPOINT

Juan L. Mercado

"WE CANNOT AFFORD A GOVERNMENT OF thieves unless we can tolerate a nation of highwaymen." [illegible]

Grave concerns

THERE'S THE RUB

Conrado de Quiros

I WASN'T ALTOGETHER SURPRISED THAT [illegible]

Anti-hazing congress at NCPAG today

Political Tidbits



Belinda Olivares-Cunanan

The curfew state

Commentary

Florin T. Hilbay

SM Nation

Newsstand



John Nery

Love and law

Young Blood

Notice to Youngblood contributors

They Said

Farmers are right

Bishops misjudge us

LETTERS

A new model for business people

Media hypocrites' star treatment

Nothing wrong with 'alterations'



Estrada pardon cries out for review of clemency process

On 'sidelines': Corrupt professors, helpless students

Bichara's accusation was 'ill-motivated'

The Filipino nation needs all sectors

Across the NATION
Assistant Editor: Tony Bergonia

Army won't stop Surigao offensives vs NPA rebels



A FAMILY eats at an evacuation center in Diatagon, Lianga, Surigao del Sur.

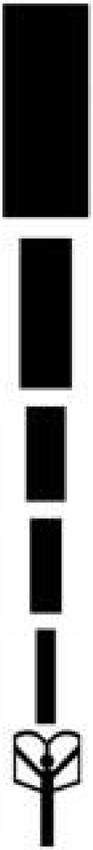
LIANGA, SURIGAO DEL SUR—The military has rejected anew the appeal of evacuees for a stop to operations being conducted against communist rebels in at least 12 remote villages of this town.



A CLIFF in Tagaytay is transformed into a deck from which visitors could view the Taal Volcano, Taal Lake, and fish pens that have sprouted in the lake.

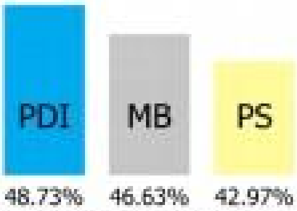
Fish cages rise near danger zone at Taal Volcano





PHILIPPINE DAILY INQUIRER

No other newspaper reaches more readers than the Philippine Daily Inquirer. That's why we're number 1 in Mega Manila.



Nielsen Media Index Wave 1 2007 Figures. Among broadsheet readers yesterday.

Appeals court affirms move to void Baguio land titles

Mysterious expansion

Lies



MORNING CHILL

House to probe car smuggling in Cebu

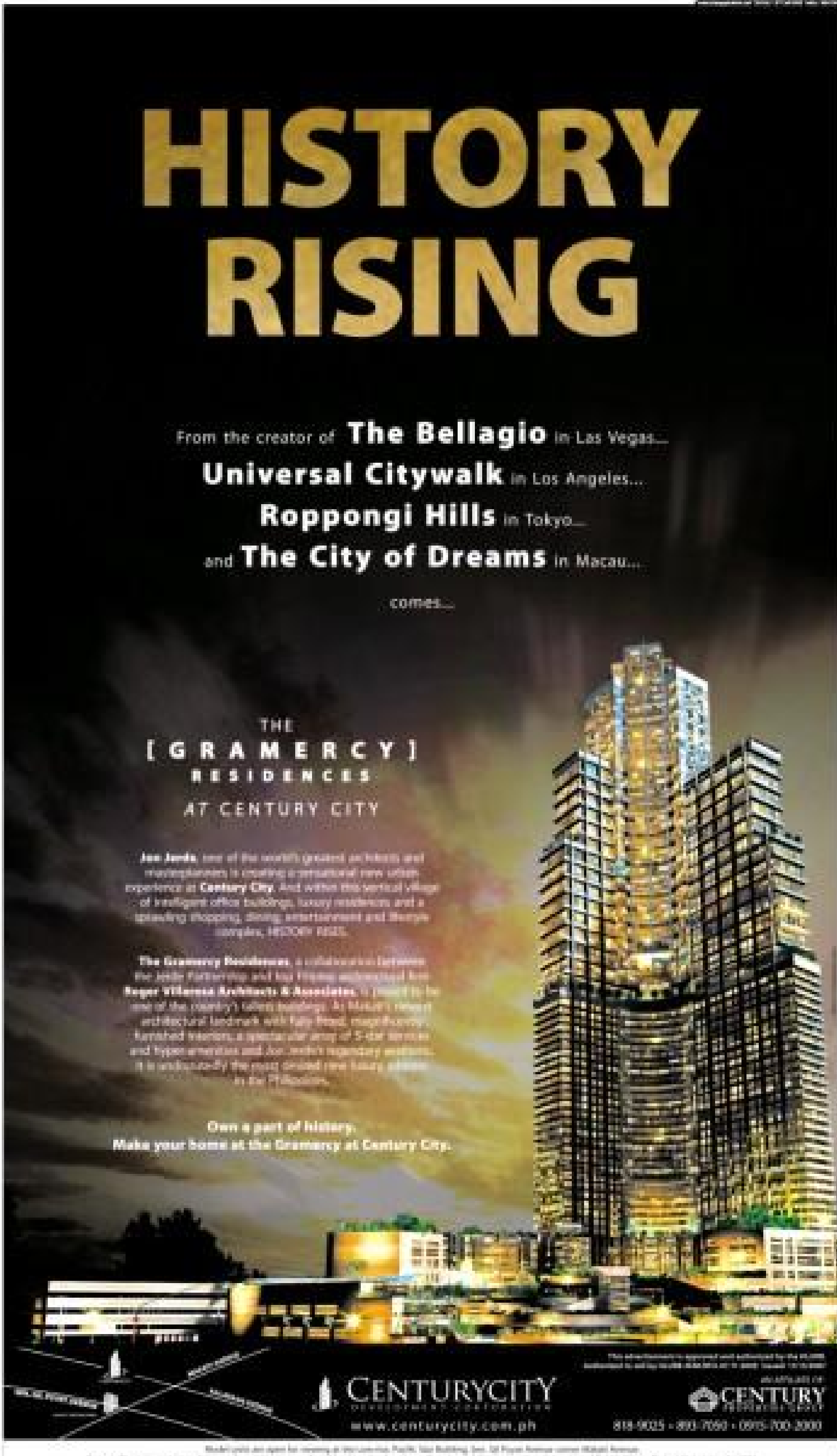
Julia's death is challenge to Peace Corps, says US envoy



US AMBASSADOR

Police arrest 8 alleged drug gang members in Calabarzon

Team formed to check progress of projects in Iloilo


HISTORY
RISING
From the creator of The Bellagio in Las Vegas...
Universal Citywalk in Los Angeles...
Roppongi Hills in Tokyo...
and The City of Dreams in Macau...
comes...
THE
[G R A M E R C Y]
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Aplus
METRO

Police officer in traffic row suspended

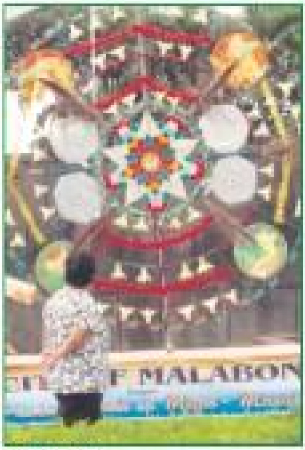
Accused allegedly fired at former Bulacan gov's convoy



DECK THE HALL WITH STRINGS OF LIGHTS

Jail break 'mastermind' gives up to San Juan cops

Denial



GIANT 'PAROL'

5 dead, 60 hurt in NLEX road mishaps



CHRISTMAS CHEER

MetroBriefs

Manila drugstore owners charged

L. Nepomuceno; 84

UPCM homecoming

Animal rights group pushes bid vs Manila oceanarium

Did you know

CA justices logic stupid

On Target

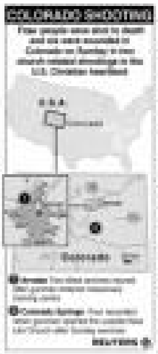


Police officer in traffic ...

Lim orders probe of SK federation polls

Fujimori to be tried for murder, kidnapping

[illegible]



4 dead in 2 shootings in Colorado

[illegible]



'INTERNATIONAL' RUBBISH

[illegible]

A growing source of fear for migrants in Malaysia

[illegible]

Casinos in Macau victims of colossal Las Vegas-style scam

[illegible]

CIA official in US Congress inquiry called a 'hero'

[illegible]



UNCOLD

[illegible]

Canada judge says US no haven for refugees

[illegible]

The WORLD

Opposition parties join Pakistan poll

ISLAMABAD, PAKISTAN—THE TWO MAIN OPposition parties led by Benazir Bhutto and Nawaz Sharif said they would participate in Jan. 8 parliamentary elections, despite deep misgivings about whether the vote could be free and fair.

AFP

Brave effort for an oil spill that won't be contained



AFP

Shuttle launch delayed until January

AFP

Canada's worst serial killing: Pig farmer found guilty of killing prostitutes



JAN. 11, 2003 courtroom drawing of Robert William Pickton. AFP

AFP

World's most deadly serial killers

SPORTS



Scion of RP Olympian fastest man in the pool

NAKHON RATCHASIMA, THAILAND—DANIEL COAKLEY sank the Southeast Asian Games mark in the 50-meter freestyle and Miguel Molina bagged a third gold that climaxed a bountiful day for the Filipinos in the pool Monday night.

Pascua, Ilustre keep track of Thai volleybelles





SEA GAMES Medal Tally

RP finalists rise to 10 in boxing



LIGHT flyweight Annalisa Cruz (right) pummels Vietnam's Thi Ngoc Hung Le in Monday's semifinal bout to enter the finals of the SEA Games boxing competition.

SEAG five wants stronger tournament

Filipino medalists (As of Dec. 10, 2007)

Fiery Fernando shoots 69 as RP golfers take control



SUPER SUBSTITUTE: Anthony Fernando

How RP cagers fared in the Olympics

CLEAN LIVING

Manolo R. Iñigo

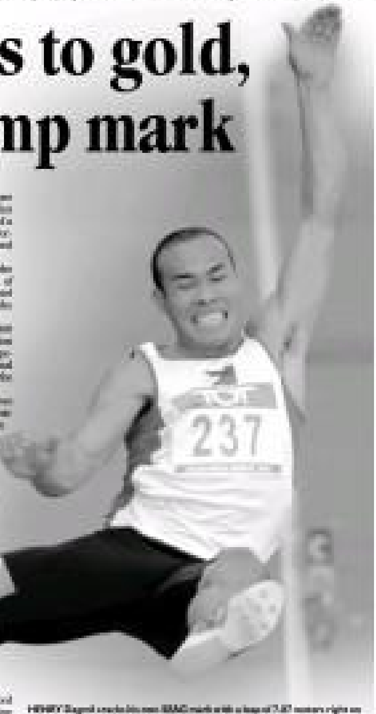


Wang, aspiring teacher bag wushu golds



Dagmil leaps to gold, new long jump mark

By Musong R. Castillo



Pascua-Ilustre unrelenting with third straight win

By Musong R. Castillo

Filipino boat teams begin medal quest



Tough challenge



Morales settles for bronze behind Malaysian cyclists



Palace names priest PSC executive director

By Marc Anthony Reyes



RAMIREZ

SPORTS



THE LAKER! Pau Gasol (18) gets fouled by the Warriors' Stephen Jackson Sunday. [illegible]

Raptors down Rockets

TORONTO—CHRIS BOSH returned from injury to score 21 points and lead the Toronto Raptors to a 93-80 victory over the Houston Rockets on Sunday.

Bosh, who had missed five games with a strained groin, also had 10 rebounds and four blocked shots.

"It just took me a couple minutes," Bosh, who was 1-for-7 in the first half, told reporters.

Houston led 45-34 at the half, but the Raptors held the Rockets to 11 points in the third quarter and went on an 18-3 run to take a 63-56 lead.

Anthony Parker had nine of his 11 points in the quarter and Bosh contributed seven.

"The thing I love about this team is we stay with it. No matter what happens, we continue to try playing defense, and keep taking those shots," Bosh said.

Toronto forward Eric Humphries then scored 10 of his 26 points in the fourth quarter and pulled down nine rebounds for the game.

Tracy McGrady led Houston with 33 points. Yao Ming added 13 points, six rebounds and three blocked shots.

Miami coach Pat Riley won his 1,200th NBA game as Dwyane Wade had 35 points and 10 assists to help the Heat end a five-game losing streak with a 100-94 road win over the Los Angeles Clippers.

Riley, who has a 1,200-[illegible] record, became the third NBA coach to reach the milestone. Corey Maggette paced the Clippers with 24 points and 12 rebounds.

Brandon Roy put Portland ahead for the last time with a layup as the Trail Blazers beat the Milwaukee Bucks 117-112 in overtime for their third straight win.

Roy, who finished with 26 points, gave Portland a 113-112 lead with 24 seconds left.

LaMarcus Aldridge added 24 points for the Trail Blazers. Mo Williams topped Milwaukee with 33.

Kobe Bryant scored 20 of his game-high 39 points in the second half when the Los Angeles Lakers beat the Golden State Warriors, 123-113, for their third straight win.

Andrew Bynum added 20 points and 11 rebounds for the Lakers. Baron Davis led Golden State with 28.

Chauncey Billups scored 20 points, Antonio McDyess 19 and Richard Hamilton 16 to lead the Detroit Pistons to a 104-85 home win over the Charlotte Bobcats.

Caron Butler's 28 points powered the Washington Wizards to a 104-99 home win over the New Jersey Nets.

Vince Carter had 28 for New Jersey and Jason Kidd delivered a triple-double with 13 points, 15 assists and 11 rebounds. *Reuters*

Williams enjoys work after retirement

By Jasmine W. Payo and Tonette Orejas, Inquirer Central Luzon

RETIREMENT ONLY MEANT MORE WORK for former Detroit Pistons forward Jerome Williams.

[illegible]



JEROME Williams with Dr. Emmanuel Angeles, Jamal Bush and Donald Ross II during yesterday's press conference at Bayview Hotel. [illegible]

SPORTSWATCH

Maano tops non-master

[illegible]

NCA circuit up Dec. 18

THE NATIONAL COCKERS ASSOCIATION [illegible]

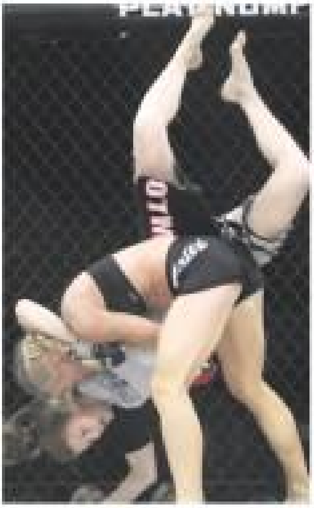
UGBA finals today

[illegible]

RACING TIPS

BY TOP CHOKE

[illegible]



KATRINE Aboitiz of Team Gracie tries to pin down Tonya Evinger of Team Shamrock during their match at the Araneta Coliseum on Sunday. Tonya won by submission. [illegible]

Barnett's team sweeps rival in Ring of Fire tilt

CALL IT OVERCONFIDENCE, BUT MIXED martial arts legend Josh Barnett's team predicted his team would sweep the squad of Gokor Chivichyan in the last part of the "Ring of Fire: World Team Challenge" at the Araneta Coliseum Sunday night.

[illegible]

Manaog tops executive chess

[illegible]

Miñoza gets ATP Special Achievement Award

BANGKOK—CHINESE STAR LIANG Wen-chong has been voted the Asian Tour Players' Player of the Year, capping a breakthrough season that saw him win the Order of Merit title.

Filipino veteran Frankie Miñoza picked up the other main prize at a ceremony here Sunday night when he won the Special Achievement Award [illegible]



FRANKIE MIÑOZA [illegible]

BUSINESS

Peso still rising, now at 41.58 to $1

BSP intervention fails to stop currency's climb

THE PESO SHONE IN LACKLUSTER ASIAN CURRENCY MARKETS yesterday to close at a new seven-and-a-half-year high of 41.58 against the dollar, powered by OFW remittances ahead of the Christmas holidays.

PESO B4



IN THIS ISSUE

- Spanish energy firm to invest $250M in biofuel B3
- RP ranks 15th in per capita scale B4

Oriental Peninsula gets SEC permit to sell shares

Death by a thousand cuts

Mr. Bearbull



Shares close 1.9% lower

Spanish energy firm to invest $250M in biofuel

50,000 ha of land to be planted to cassava



All that gas!

BREAKTIME



Consumers take to Filipino goods, shun imports

Peso still rising, now at 41.58 to $1











Business

BSP: Net FDIs in first 9 months reached $1.9B

RP ranks 15th in per capita scale

ADB tracks inequality in Asia-Pacific living standards

Spain to help develop Bicol, Caraga

RP seen surpassing sales target of 110,000 vehicles



LIFESTYLE

INSIDE OUT
Cory Quirino

Take charge of your health



Be clear about your goals and whatever they are, work to achieve them

A NEW ERA IS UPON US. IT puts you on center stage in caring for your own health.

There was a time when people would not take an active role in a plan to keep themselves healthy, leaving all the major decisions to their physicians.

The day of taking charge has arrived. And you are in control.

Change is good

Because a new season of change is upon you, there are changes to be made. Taking charge means the following:

1. Be clear about your health goals.

Do you want to have a stronger body, prolong and sustain your energy levels, boost your resilience against stress, or just simply refuse to catch a cold every three months? Whatever your goal is, assess, decide and act.

2. Seek advice/guidance from experts—your physician/nutritionist/gym trainer. Sometimes even your pastor/parish priest or best friend may have a recommendation or two.

3. No matter what the occasion, you should not be detoured or derailed from your goal.

4. Give yourself a workable timetable, something that is not an impossible dream, one that will not stress you out.

5. Listen to your body language. If your body talks to you in ways you cannot ignore, listen. Pretending that your symptoms will go away by ignoring them will not eliminate them. In fact, the next time around they will become more serious.

Human performance

In a casual, random survey people were asked what they really wanted from their bodies. The answer was unanimous from the men—to be in tip-top performance level. Women, on the other hand, said they wanted the strength and beauty.

Philip Maffetone, in "In Fitness and In Health," said when health and fitness were balanced, the result was optimal human performance.

You do not have to win an Olympic gold medal to be fit and healthy. You just need to perform well in all aspects of life—personal, family, work and social.

So let us define the terms clearly:

Fitness—to perform a physical activity well.

Health—the optimal balance of all the body systems, (muscular, skeletal, nervous, digestive, lymphatic, hormonal, mental, emotional, and other systems.

Dr. Maffetone does simple math: fitness + health = human performance.

Limitless energy

Your body requires energy to fulfill its physical needs. So we have to feed it energy. Nourish your body with the basic food requirements: carbohydrates (bread, pasta, fruits, rice), fats (oil, butter, cheese eggs), proteins (meat, fish, poultry).

If balance is the key then eating moderate amounts from the different food groups mentioned should give you what you need.

Good nutrition also means good hydration—10-12 glasses of water daily and vegetables. With these, you can only do the right thing.

Finally, balance includes enough time for work and play. When work takes the bulk of your time, sooner or later your health will suffer—both mentally and physically.

People who are naturally driven will not give importance to this. They are so focused on their work/money ambitions to the detriment of their health.

But it is never too late to make adjustments. Have one less work.

Meanwhile, your affirmation today is "Today I take charge of me."

Love and light!



Star-studded 'Broadway production'





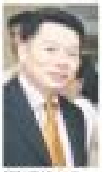
WITHOUT BATTING AN EYELASH

Maurice Arcache







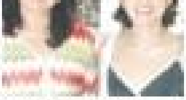


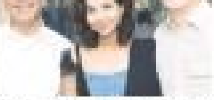










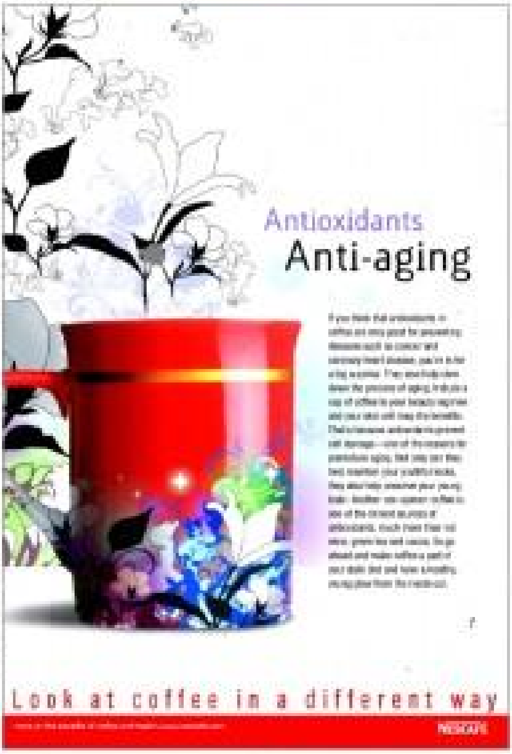




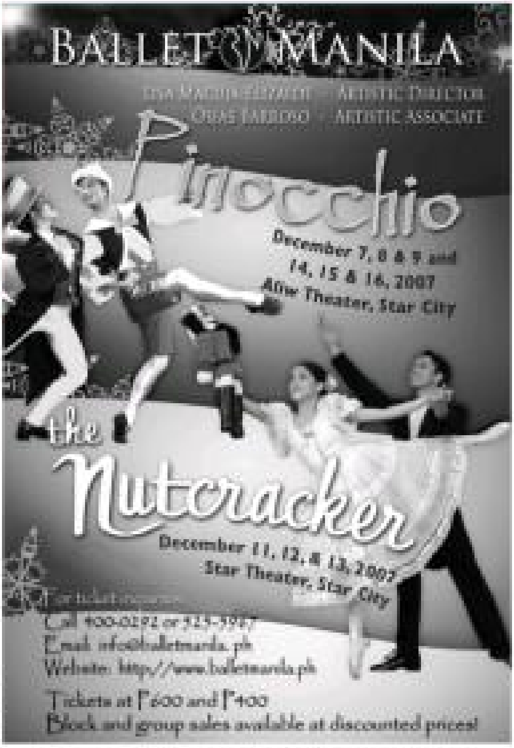

INNER AWARENESS
Jaime Licauco

Power of suggestion

The Law of Affirmation



Friends of hearing impaired honored



How to lose the extra holiday pounds



Weight loss solutions that last



[illegible]

Your Doctor Knows Best

Question:

[illegible]

Doctor Says...

[illegible]







Solve your issues first

[illegible]

Credit success to yourself

[illegible]

'Hilot' gets international recognition

[illegible]



MANDALA Spa & Villas Boracay president Karen Ruff received the trophy and certificate during the AsiaSpa 2007 Awards ceremony at the Grand Hyatt hotel in Hong Kong.

Eye surgery clinic opens in mall



[illegible]

Club holds eye care activities in schools

[illegible]

ENTERTAINMENT

Website: www.inquirer.net/entertainment
Editor: Emmie G. Velarde

Sam, Anne insist there's no romance

By Marinel R. Cruz



"I DON'T KNOW HOW TO court girls. Anne and I are very good friends. Friendship is the foundation of a good relationship. We'll just see where this goes," Fil-Am actor Sam Milby said, when asked if he was really wooing Australian-born actress Anne Curtis.

Stories romantically linking these people, especially when an alleged lovers' spat—during the 1st Star Magic Ball in August—was uploaded on YouTube.

On "The Buzz," where she

SAM D4

Gifts that stars would rather not get

DOLLY WOOD

Dolly Anne Carvajal



'TIS THE SEASON OF GIFTGIVING. So we feel obliged to give friends a Christmas present just because they gave us one? How much of us is in every gift we wrap?

Here are some stars' thoughts about what they don't want to get this Christmas and the gift they'd like to give another celeb.

Gift of discernment

Lea Salonga: "I'd like to give every single celebrity in local show biz the gift of discernment on when it's OK to do something publicly and when it's time to draw the curtain and keep things close to the chest. It's never a bad thing to learn when and where to draw the line. As for the gift I don't want to receive? I can't say there's anything I wouldn't want to get, since everything that comes my way is a blessing."

No pirated discs

Ogie Alcasid: "I would hate to receive a pirated CD or DVD for Christmas because I am fighting against it. I would like to give all leading entities a big warm hug so that they would give peace a chance this Christmas."

BF for Katrina

Cristine Reyes: "I don't like to get a mug as a Christmas gift. That's too corny and common. If I could give Katrina Halili a BF for Christmas, I would. She hasn't had one in a long time and puro di makinig ang Bala niya."

Poinsettias for Lolit

Alfred Vargas: "Please, no more copies of 'The 7 Habits of Highly Effective People.' Five people already gave me that book. I want to give Tiange Lolit Solis poinsettias to fill her garden this holiday season because she loves the colors and beauty."

Books for new friends

Rufa Mae Quinto: "I don't like furniture for Christmas because I have no more space for it. I like to give Julius, Boobsie, Anne Curtis, Pia Guanio, Paolo Bediones and Raymond Gutierrez books or audio books which they can take with them anywhere they go and be reminded of me. It's my first Christmas with them as my new close friends."

Only an iPhone

John Prats: "I don't want to receive a cell phone unless it's an iPhone (laughs). I want to give Luis Manzano a pair of shades."

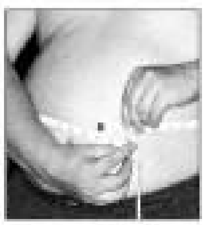
No to fruitcakes

Jolina Magdangal: "I won't welcome fruitcake as a gift because I'm not fond of it. I'm

GIFTS D4

THE BEER BELLY REDUCER

Fast And Easy Inch-Loss For Men



For men who want to lose that bulging and unsightly belly quickly and easily, now there is a solution! Plastic surgeons have invented a machine that can "melt away" stubborn tummy fat in a patient's lunchbreak – **ULTRASHAPE**. This treatment gets rid of unwanted bulges and, unlike liposuction, does not require surgery. It's very effective in removing excess stomach fat, love handles or fat in other areas.

FAST, EFFECTIVE and SAFE, it's the most advanced non-invasive method of fat reduction to date. It works by focusing high frequency ultrasound waves from outside the body to targeted areas. These ultrasound waves break down fat cells without damaging blood vessels or other tissues. The fat cells are then eliminated through natural processes over a period of about 3 weeks, in the same way the body dissipates the discoloration from a bruise.

Ultrashape was founded 5 years ago in USA by Ami Glicksman M.D., formerly a senior plastic surgeon and Yoram Eshel, PhD, MBA, a leading expert in high-power ultrasound technology. When they developed Ultrashape, it was well known that ultrasound waves were able to break down and destroy fat cells, releasing the fat contained within them. Glicksman and Eshel built on that to come up with the unique concept of Ultrashape.

Ultrashape is the first and only non-surgical fat-destroying treatment. It promises a reduction of up to 2 cm. in a single session. It is such a hassle-free procedure. You walk in, get the treatment and go straight to your next appointment. It's as easy as that. Absolutely no anesthesia, no pain and no recovery is needed. Patients can resume their normal activities right after a treatment. It does not have the risks of liposuction and can be used to effectively deal with problem areas of fat.

Ultrashape promises an average loss of about 2 cm. in a single treatment.



Normally about 4 or 5 sessions are recommended to fully achieve the result required. Both men and women who have tried it were impressed by the immediate results after just a single session. Proven effective, Ultrashape is definitely a breakthrough in fat reduction.

Ultrashape is now available at **Marie France FOR MEN**. Call 813-7060 for your free consultation. All consultations and treatments are strictly conducted in private.

ROBINSONS MOVIEWORLD CINEMAS MOVIE GUIDE

www.robinsonsmovieworld.com

GALLERIA

1 THE GOLDEN COMPASS • THX
2 MR. MAGORIUM's / THE GOLDEN COMPASS
3 indieSine: KONTRA AGOS
4 BEOWULF
5 THE GOLDEN COMPASS
6 HITMAN
7 ENCHANTED / THE KINGDOM
8 BATANES
9 ONE MORE CHANCE
10 EASTERN PROMISES

now showing at Robinsons Movieworld indieSine

ERMITA

1 THE GOLDEN COMPASS
2 indieSine: TUKSO
3 BEOWULF / HITMAN
4 MR. MAGORIUM's / THE GOLDEN COMPASS
5 ONE MORE CHANCE
6 THE KINGDOM / ENCHANTED
7 PASUKOB
1 EASTERN PROMISES
2 BATANES
3 THE GOLDEN COMPASS



A FILM BY ROCKIE FERNANDEZ

METRO EAST

1 ENCHANTED
2 PASUKOB
3 ONE MORE CHANCE
4 THE KINGDOM
5 BEOWULF / HITMAN
6 THE GOLDEN COMPASS
7 THE GOLDEN COMPASS
8 BATANES

NOVALICHES

1 THE GOLDEN COMPASS
2 PASUKOB
3 ENCHANTED
4 BATANES

PIONEER

1 THE GOLDEN COMPASS
2 THE GOLDEN COMPASS
3 PASUKOB
4 BATANES

STA. ROSA

1 THE GOLDEN COMPASS
2 FRED CLAUS
3 PASUKOB
4 BATANES

LIPA

1 THE GOLDEN COMPASS
2 PASUKOB
3 LIONS FOR LAMBS
4 BATANES

DASMARIÑAS

1 GAME PLAN
2 HITMAN
3 THE GOLDEN COMPASS
4 PASUKOB
5 BATANES

IMUS

1 PASUKOB
2 THE KINGDOM
3 THE GOLDEN COMPASS
4 BATANES

ANGELES

1 GAME PLAN
2 PASUKOB
3 BATANES
4 THE GOLDEN COMPASS

TARLAC

1 THE GOLDEN COMPASS
2 BEOWULF
3 BATANES

STARMILLS

1 ENCHANTED
2 BATANES
3 ONE MORE CHANCE
4 PASUKOB
5 GAME PLAN
6 THE GOLDEN COMPASS

BACOLOD

1 THE GOLDEN COMPASS
2 GAME PLAN
3 indieSine: KONTRA AGOS / PASUKOB
4 WE OWN THE NIGHT
5 LIONS FOR LAMBS
6 BATANES

ILOILO

1 THE GOLDEN COMPASS
2 THE KINGDOM
3 PASUKOB
4 GAME PLAN
5 BATANES
6 WE OWN THE NIGHT

MMTA

METRO MANILA THEATERS ASSOCIATION

MOVIE GUIDE

NOW SHOWING

POWER PLANT CINEMA

GREENHILLS CINEMAS

THEATRE MALL

PROMENADE

Eastwood City



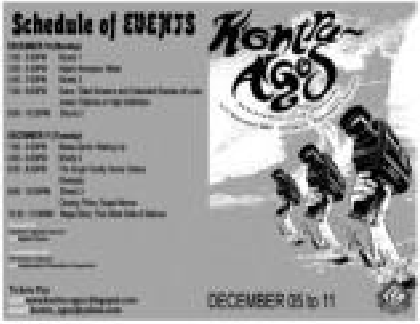
RICHARD POON

EASTWOOD CINEMAS

687-6963

GUARANTEED SEATS





STRICTLY FOR 13 YEARS OF AGE AND UP.

OPENS TOMORROW



NOW SHOWING

"IN THE TRADITION OF *THE LORD OF THE RINGS* AND *HARRY POTTER*, **THE GOLDEN COMPASS** TAKES ITS PLACE AMONGST THE **GREAT FANTASY FILMS** OF ALL TIME."

- Ben Lyons / E!



SM CINEMA

movietime SHOWTIME

Your life as a movie







Gifts that stars…

From page B1

[illegible]

Plane ticket for mom

[illegible]

Not the same gift

[illegible]

Anything but socks

[illegible]

Sam, Anne…

From page B1

[illegible]



AT THE CINEMAS

Cinema							
GLORIETTA 1	1 ONE MORE CHANCE	2 THE GOLDEN COMPASS	3 BATANES	4 PASUKOB			
GLORIETTA 4	1 ENCHANTED	2 THE KINGDOM	3 THE GOLDEN COMPASS	4 [illegible]	5 THE HITMAN	6 THE GOLDEN COMPASS	7 GONE BABY GONE
GREENBELT 1	1 ENCHANTED	2 THE GOLDEN COMPASS					
GREENBELT 3	1 THE GOLDEN COMPASS	2 THE GOLDEN COMPASS	3 GONE BABY GONE	4 EASTERN PROMISES	5 FRED CLAUS		
ALABANG TOWN CENTER	1 THE GOLDEN COMPASS	2 THE KINGDOM	3 EASTERN PROMISES	4 ENCHANTED	5 THE GOLDEN COMPASS		
AYALA CENTER CEBU	1 THE GOLDEN COMPASS	2 30 DAYS OF NIGHT	3 [illegible]	4 THE KINGDOM			
MARKET! MARKET!	1 THE GOLDEN COMPASS	2 THE KINGDOM	3 ONE MORE CHANCE	4 BATANES	5 PASUKOB		
TRINOMA	1 BATANES	2 ONE MORE CHANCE	3 THE GOLDEN COMPASS	4 EASTERN PROMISES	5 ENCHANTED	6 THE KINGDOM	7 THE GOLDEN COMPASS

AT THE MALLS

Glorietta

Greenbelt

Alabang Town Center

Ayala Center Cebu

Market! Market!

Ayala Museum

TriNoma

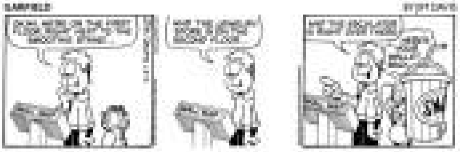


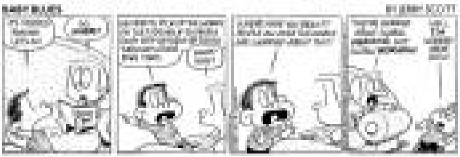


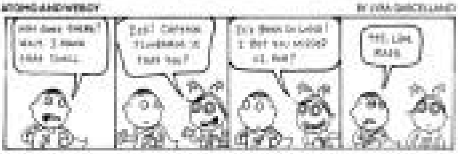


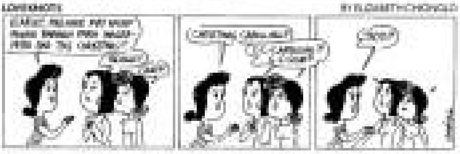


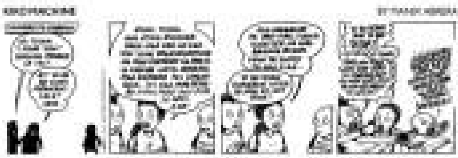


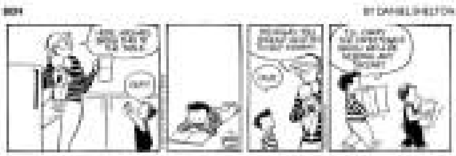




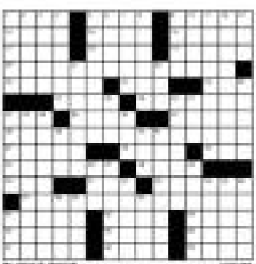


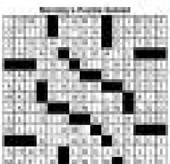






DAILY CROSSWORD





HOROSCOPE

CONCEPTIS SUDOKU

Conceptis Sudoku — By Dave Green

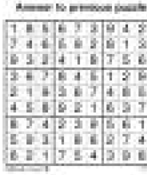
1	2				4			8
	8			1	9		7	5
8	7		5	4	1			
	1						5	
			6	2	7		3	1
7	6		1	5			8	
9			8				6	4

Difficulty Level ★★

HOW TO PLAY SUDOKU

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.

Answer to previous puzzle





BEN KINGSLEY and Annette Bening in "Mrs. Harris"

Portrait of the 'accidental killer' as victim

Only a truly gifted thespian like Bening could do full justice to the role

Viewfinder



Nestor U. Torre

Acting triumph

Flashbacks

Unconventional

Debit side

First Christmas album

At Starmalls